



**U.S. DEPARTMENT OF HEALTH AND
HUMAN SERVICES
NATIONAL INSTITUTES OF HEALTH**



**SCIENTIFIC WORKSHOP
MENOPAUSAL
HORMONE THERAPY**

**Natcher Conference Center
Bethesda, MD**

October 23-24, 2002

Day One - Wednesday October 23, 2002

8:30 - 9:00 AM

WELCOME AND OPENING REMARKS

Elias A. Zerhouni, M.D., Director,
National Institutes of Health

9:00 AM - 12:15 PM

MODERATOR

Vivian W. Pinn, M.D.,
Associate Director for Research on Women's Health
Director, Office of Research on Women's Health

The purpose of this National Institutes of Health (NIH) conference is to review the results from the arm of the Women's Health Initiative (WHI) clinical trial studying combination estrogen and progestin and to place them in the context of other completed and ongoing Federally funded research on menopausal combination hormone therapy (HT); and, to help clinicians and patients understand the implications of current knowledge on decisions regarding short- and long-term use of combination HT. By the end of the conference, attendees should have:

- 1) An understanding of the design and scientific rationale for the WHI and other studies of menopausal combination hormone therapy, and an understanding of how decisions have been reached about continuation or halting of such studies.
- 2) An understanding of the clinical implications of the results of the combined estrogen-progestin arm of the WHI and other recent related studies, and the effect of individual risk factors such as age and medical history on the expected balance of benefits and harms of menopausal combination therapy so as to aid informed decision-making by women and their health care providers.

9:15 - 9:35 AM

**CLINICAL TRIALS: INSTITUTIONAL REVIEW BOARDS (IRBs),
INFORMED CONSENT, AND DATA SAFETY AND MONITORING
BOARDS (DSMBs)**

Diana B. Petitti, M.D.
Kaiser Permanente Southern California

9:35 - 12:15 AM
(With Break)

PRESENTATION OF WHI DATA

MODERATOR

Marcia L. Stefanick, Ph.D.
Stanford University

The design of the WHI will be presented and the study will be discussed by Principal Investigators of the WHI. Data from the combination estrogen and progestin arm of the WHI will be presented related to cardiovascular disease, osteoporosis, and breast and colon cancer. A discussion of other WHI papers in progress will also be presented. Treatment of vasomotor symptoms in WHI women also will be described.

**The Women's Health Initiative Postmenopausal Hormone
Program: Background and Rationale**

**Results of Estrogen Plus Progestin Use in Healthy
Postmenopausal Women: Implications for Clinical Practice:**

Risk of Cardiovascular Disease and Stroke

Marian C. Limacher, M.D.
University of Florida College of Medicine

Risk of Fracture

Rebecca D. Jackson, M.D.
The Ohio State University

Risk of Cancer

Rowan T. Chlebowski, M.D., Ph.D.
Harbor-UCLA Research and Education Institute

**The Balance of Risks and Benefits of Combination Estrogen-
Progestin Therapy**

Marcia L. Stefanick, Ph.D.
Stanford University

**Priority Analysis Plans in the Women's Health Initiative:
What's Left to Learn?**

Robert W. Wallace, M.D.
The University of Iowa

Discontinuation of Study Medication: Guidance from the WHI

Susan L. Hendrix, D.O.
Wayne State University School of Medicine

DISCUSSION

12:15 - 1:15 PM

LUNCH

1:15 - 3:15 PM

OTHER STUDIES ON COMBINATION MENOPAUSAL HORMONE THERAPY

MODERATOR

Richard J. Hodes, M.D.
Director, NIA

During this session, speakers will present other related studies using hormone therapy and recent considerations regarding the continuation or cessation of studies utilizing postmenopausal combined hormone therapy. An up-to-date assessment of the various Institutes' actions following Data Safety and Monitoring Board (DSMB) review of such studies and recommendations for continuation or discontinuation in light of the recent WHI data will be reported. Presenters will also discuss alternative therapeutic approaches to a number of women's health issues.

Report of Studies Other Than Those in the WHI by NHLBI

David Gordon, M.D., Ph.D.
Special Assistant for Clinical Studies
Division of Heart and Vascular Diseases, NHLBI

Data from Retrospective Analysis of HT

Robert Spirtas, Dr. P.H
Chief, Contraception and Reproductive Health Branch, NICHD

Review of Studies on Hormones and Cancer

Robert Hoover, M.D., Ph.D.
Director, Epidemiology and Biostatistics Program, NCI

Report of Ongoing Studies of Hormones and Alternative Therapies for Osteoporosis

Joan McGowan, Ph.D.
Chief, Musculoskeletal Diseases Branch, NIAMS

Report of Ongoing Studies of HT in regard to Alzheimer's Disease

Judith A. Salerno, M.D., M.S.
Deputy Director, NIA

Ancillary Studies of the WHI on Hormones and Cognition

Sally A. Shumaker, Ph.D.

Wake Forest University

Report of Studies Related to Depression

Peter Schmidt, M.D.

Chief, Unit on Reproductive Endocrinology, NIMH

Postmenopausal Hormone Therapy: Review of the Literature Comparing the Effect of Different Estrogens on Hot Flashes

Heidi Nelson, M.D., M.P.H.

Oregon Health and Science University

Discussion of the Use of Alternative Medications for Menopausal Symptoms

Lorraine Anne Fitzpatrick, M.D.

Professor of Medicine

Mayo Clinic and Foundation

DISCUSSION

3:15 - 3:30 PM

BREAK

3:30 - 5:45 PM

MODERATOR

Barry Kramer, M.D.

Associate Director, Office of Disease Prevention

Director, Office of Medical Applications and Research

3:30 - 4:00 PM

BIOLOGY OF ESTROGEN AND PROGESTERONE RECEPTORS

This talk will address advances in our understanding of hormone receptors which may allow us to separate the beneficial from adverse effects of hormone therapy in order to shift the balance of risks and benefits.

Benita S. Katzenellenbogen, Ph.D

Swanlund Professor of Physiology, Cell and Structural Biology,

University of Illinois, Urbana

4:00 - 5:45 PM

COMBINATION ESTROGEN PLUS PROGESTIN: ASSESSING THE BALANCE OF RISKS AND BENEFITS IN THE INDIVIDUAL PATIENT

This session will assess the risks and benefits of estrogen and progesterone therapy. Material will be discussed that will help women and their health providers explicitly weigh the risks and benefits of hormone therapy in order to arrive at an informed decision about its use in the postmenopausal setting. It is expected that the answers to the questions women will ask will be discussed. What is known about the balance of risks and benefits in specific racial/ethnic groups will also be discussed.

Hormone Therapy in the Context of Cancers in Women

Otis W. Brawley, M.D.
Emory University

**Postmenopausal Hormone Therapy: Balancing the Risks
and Benefits**

Deborah Grady, M.D., M.P.H.
University of California at San Francisco

**Challenge of Effective Communication of Risk Versus
Benefit**

Annette O'Connor
University of Toronto

Susan Dentzer
The News Hour with Jim Lehrer on PBS

DISCUSSION

5:45 PM

RECESS

8:30AM - 12:45 PM

BRIDGING WHAT IS KNOWN AND WHAT IS NOT KNOWN

MODERATOR

Ruth L. Kirschstein, M.D.
Deputy Director, NIH

8:30 - 9:00 AM

FDA PERSPECTIVE

This will be a scientific presentation from the Food and Drug Administration (FDA.) The breadth of products, approved to treat and prevent conditions associated with menopause, including what is and is not known about their mechanisms of action, will be addressed. Implications for basic research, clinical trials, product regulation and risk management will be discussed in light of the WHI findings.

Janet Woodcock, M.D.
Director, CDER, FDA

9:00 - 9:20 AM

INDUSTRY PERSPECTIVE

Ginger Constantine, M.D.
Vice President of Women's Health
Clinical Research and Development
Wyeth Pharmaceuticals

9:20AM - 12:15 PM
(With break)

IMPLICATIONS FOR RESEARCH: PUBLIC COMMENTS AND DISCUSSION

Presentations will be made by members of professional and advocacy groups regarding clinical implications for research. Their comments will be related to their particular areas of expertise and their responses to recent data.

American College of Obstetricians & Gynecologists
James Liu, M.D.
Fellow

North American Menopause Society
Wulf Utian, M.D., Ph.D.
Executive Director

American Society for Bone and Mineral Research
Clifford Rosen, M.D.
President

American Heart Association
Pam Ouyang, M.D.

Endocrine Society
Robert Jaffe, M.D.

American Academy of Family Physicians
Barbara Yawn, M.D., M.Sc.

National Women's Health Network
Cynthia Pearson
Executive Director

Susan Love MD Breast Cancer Foundation
Susan Love, M.D.

National Medical Association
L. Natalie Carroll, M.D.
President

Public Statements and Discussion (cont.)

Noon

Tommy G. Thompson , Secretary,
U.S. Department of Health and Human Services

12:15 - 1:15 PM

LUNCH

1:15 - 2:30 PM

THE U.S. PREVENTIVE SERVICES TASK FORCE ASSESSMENT

MODERATOR

Lisa A. Simpson, M.B., B.Ch., F.A.A.P.
Deputy Director
Agency for Healthcare Research and Quality

After consideration of a comprehensive review of the other literature and the recent WHI results, the U.S. Preventive Services Task Force (USPSTF) will summarize the rationale for its recommendations and its recommendations for usage of HT for the purpose of prevention of disease.

Results of Systematic Evidence Review

Heidi Nelson, M.D., M.P.H.
Oregon Health and Science University

Recommendations of the Task Force

Janet D. Allan, Ph.D., R.N., C.S., F.A.A.N.
Vice-Chair, USPSTF
Dean, School of Nursing
University of Maryland, Baltimore

DISCUSSION

2:30 - 4:00 PM

NEXT STEPS

MODERATOR

Claude Lenfant, M.D.
Director, NHLBI

This session is designed to address the future research agenda for NIH, implications for the research and health care communities, next steps for WHI, and the importance of evidence based research for the clinical and health care communities.

Implications for the NIH Research Programs

Claude Lenfant, M.D.
Director, NHLBI
Jacques Rossouw, M.D., NHLBI
Acting Director, WHI

Richard Hodes, M.D.
Director, NIA
Judy Salerno, M.D., M.S.
Deputy Director, NIA

Andrew C. von Eschenbach, M.D.
Director, NCI
Leslie Ford, M.D.
Associate Director, DCP/OAD, NCI

Stephen Katz, M.D.
Director, NIAMS
Joan McGowan, Ph.D.
Chief, Musculoskeletal Diseases Branch, NIAMS

Stephen E. Straus, M.D.
Director, NCCAM
Marc R. Blackman, M.D.
Clinical Director, NCCAM

Duane Alexander, M.D.
Director, NICHD
H. Trent MacKay, M.D., M.P.H.
Special Assistant for Obstetrics and Gynecology, NICHD

DISCUSSION

4:00 – 4:15 PM

WRAP UP AND CLOSING

Elias Zerhouni, M.D.
Eve Slater, M.D.
Vivian W. Pinn, M.D.